Why is Sachi more restless than usual?
Quiet down!
It's lunchtime!
Hurray!

Isn't that a lunchbox?
You're always eating store-bought food.
Did Ayari make it for you?
Ehehe.
Ta-da!
Doesn't it look nice?
Wanna take a look?
You do, right?
Yes, yes. I do want to see it.
One!
Two!

はわっ
Three!

Cooking makes happy smiles!
The popular cooking story!

10th Course
Lunchbox

THE DAY BEFORE
カイヤ
ガチャ
ガチャ
Are you looking for something, Ayari?
Yes.
I'm sure it's in there...
Ayari!

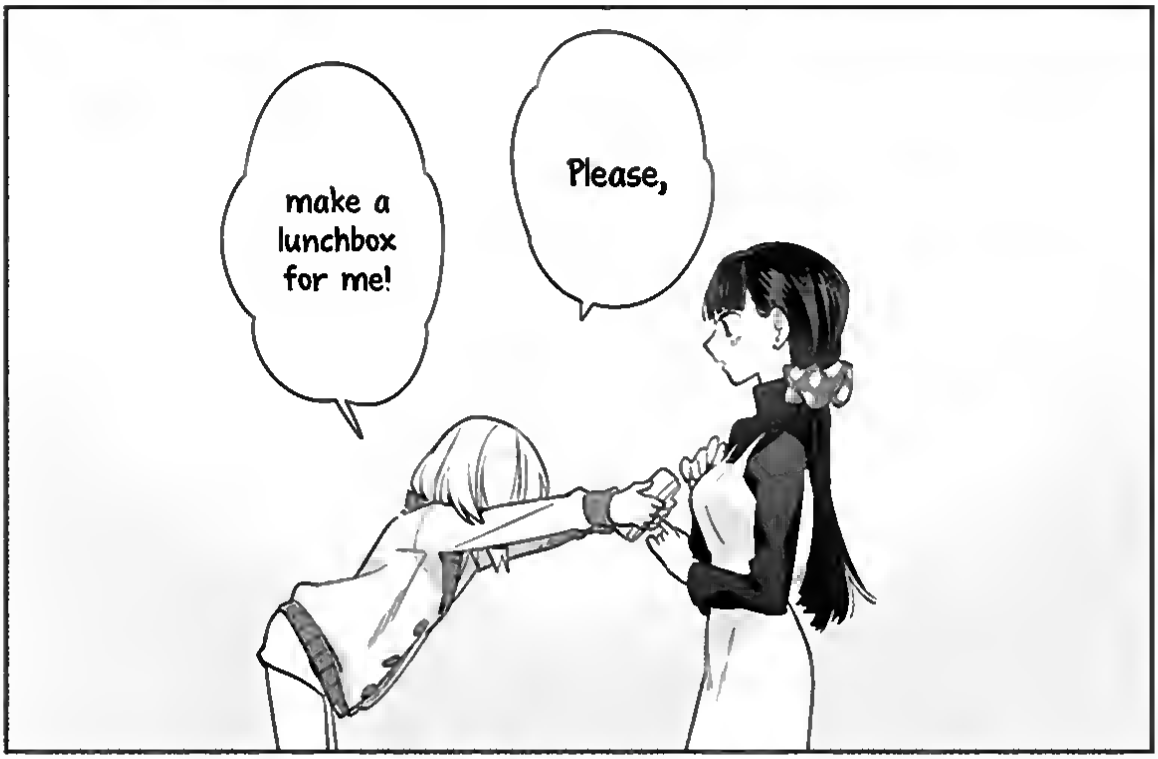
Oh...
Thank you very much.
hold those for you!
I'll...
CLUNK
There it is!
!

So many of them!
Are you going to make a lunchbox?
Yes.
My school's not offering lunch for a day next week,
so I thought I'd get one out...
Hm?
Yes.
Your school offers lunch, Ayari!?
You're so lucky!
My school doesn't,
so I get lunch at a store or the canteen-
しくしく…

ゴゴゴ
Um...
ゴゴゴ...
Would you please let me
make your lunch, Nee-san?
ギョーン
Ah!
But making a lunchbox is hard work, right?
You have to wake up early...
You would!?
I can eat your cooking for lunch too!?
ほおおおお

Th-That's...
If I make your lunchbox, we'll save on food costs!
And I can ensure you have a balanced diet!
And...
And...
I want to make it for you,
Nee-san!

ぱり


Please,
make a lunchbox for me!

Yes!

I'll have a lunchbox tomorrow...
What will be in it?
スヤ
so excited I can't sleep...
ドキ
ドキ
I'm...
ドキ
CLICK
10 9
10 9

CLUNK

Today, for the first time,
I'm making Nee-san's bento.

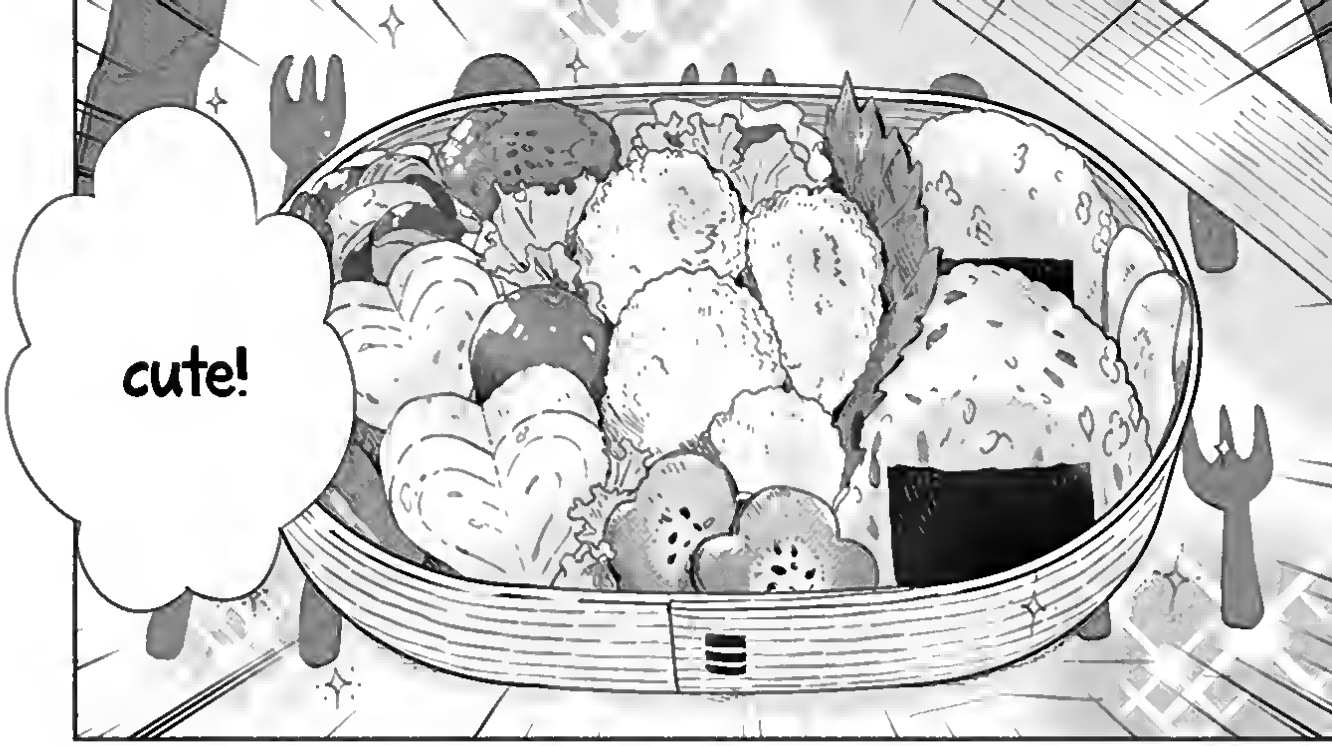
SOLT
There'll be salted salmon slices that go well with rice,
omelettes,
and low-fat chicken breast for the main side dish.
Seasoned with olive oil, whole-grain mustard, salt, and wine.
Grill the salted salmon,
dry the breast meat, cover with batter,
and cook in 170°C oil....
カリッ
ジュワ

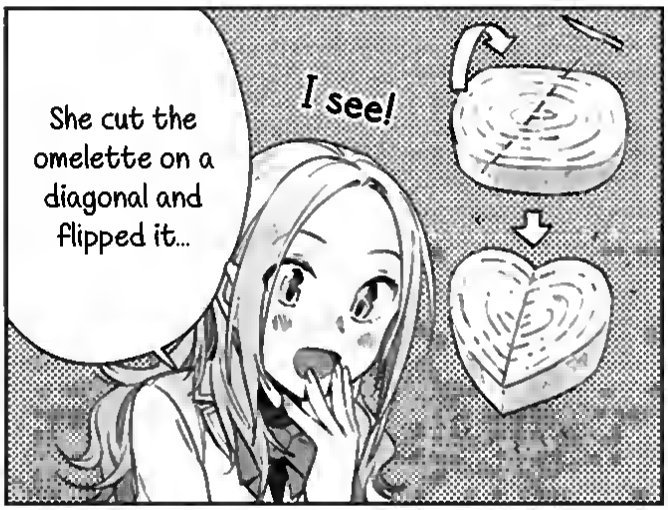
Let the freshly fried chicken rest...
Add to lunchbox once it's cool.
カラッ
110°
じ？…
……
Bite-sized chicken...
I hope it fits in Nee-san's mouth...
I have to prepare the other side dishes too.

Once the salmon is done grilling,
break it up into pieces...
ほぐ
ほぐ
Add a bit of wine, sauté in a pan to drive out the moisture.
じゃっ
Flavor with salt, add white sesame...
Salmon flakes.
ほろろ～
カサ
カサ
BEEP!
Mix the flakes with some just-cooked rice,
and make rice balls.
ちょん
ちょん
かぱっ
ぽこ
ぽこ

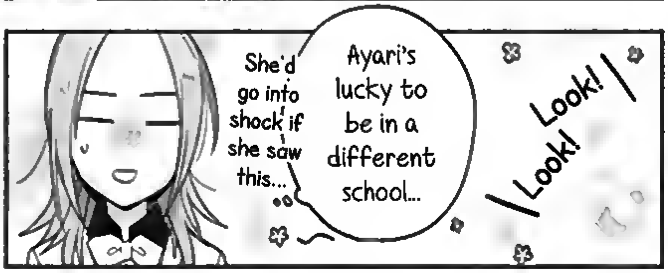
Make some plain ones as well...
Separate the main dish from the side dishes to add visual contrast...

スッ
.....
Mm.
Cute.
カポ
It's so...


cute!


She cut the omelette on a diagonal and flipped it...
I see!

Look! Look!
My little sister made this!
Cute!


Ayari's lucky to be in a different school...
She'd go into shock if she saw this...
Look! Look!

Look, they're hearts!
Ooh!

Okay,
let's...
eat!
Aah
もぐ
もぐもぐ
もぐ
もぐもぐ
はむ
もぐ
もぐ
GULP

The fried chicken's so crunchy
and full of flavor!
It goes well with the rice balls!
Eheheh!
So good!
and even the vegetables...
the fried chicken,
the omelettes,
The salmon rice balls,

I didn't buy this,
but she put all my favorite foods in it!
キビ
キビ
I'm so happy!
Sachi
It was really good!!! ♡
That's great! ☺♡☺
Ayaru

Ayari!
May I come in?
KNOCK KNOCK
Yes!
What is it?
You told me you needed a lunchbox next week, right?
?
Yes.
Ayari, your lunchbox was delicious.

So,
Just after one bite,
I could tell it was made by someone who knows me well...
That's what I thought
I want to make a lunchbox for you, Ayari.
O-Only if you want me to!

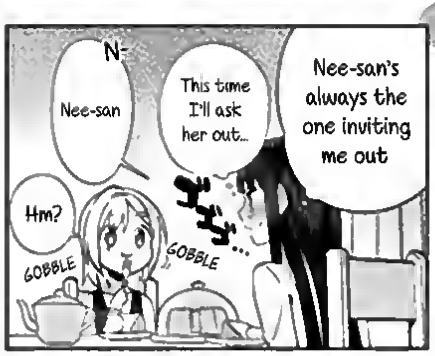
P-
Please do.
Yes!
I'll put all the things you like in it!

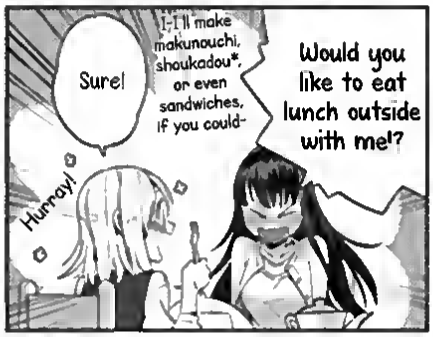
Ayari!
カチャ
Good night,

From the one who makes it, to the one who eats it, lunchboxes are filled with feelings.

今日のふたりレシピ Vol. 10

today's futari recipe





[TL NOTE] TWO TYPES OF FAMOUS PACKED LUNCHES.

LUNCHBOX FOR SACHI

BITE-SIZED FRIED CHICKEN

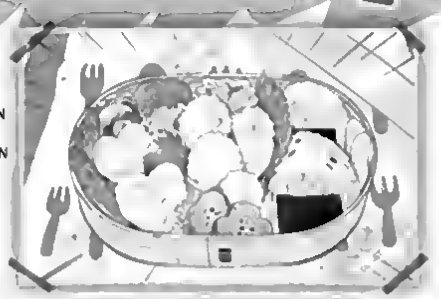
INGREDIENTS:
300G CHICKEN BREAST, 1 TABLESPOON WINE (SAKE OR WHITE), 1 TABLESPOON WHOLE-GRAIN MUSTARD, HALF TEASPOON SALT, 1 TABLESPOON OLIVE OIL, WEAK FLOUR, BEATEN EGG, 3 TABLESPOONS BREADCRUMBS, 1 TEASPOON PARMESAN CHEESE, FRYING OIL AS NEEDED

DIRECTIONS:
1. CUT CHICKEN INTO BITE-SIZED PIECES. RUB IN THE WINE, SALT, AND MUSTARD. ADD OLIVE OIL AND STIR.
2. MIX BREADCRUMBS AND PARMESAN TOGETHER. COAT CHICKEN WITH FLOUR, DIP IN EGG, AND COAT WITH BREADCRUMBS.
3. FRY UNTIL GOLDEN BROWN IN 170°C OIL. ADD CONDIMENTS IF DESIRED.

SALMON FLAKES

INGREDIENTS:
2 PIECES SALTED SALMON,
1 TABLESPOON WINE, HALF TEASPOON SALT, HALF TABLESPOON ROASTED SESAME SEEDS

DIRECTIONS:
1. GRILL OR BOIL THE SALMON. MOVE IT ONTO A TRAY AND BREAK IT UP. REMOVE THE SKIN AND BONES.
2. PUT THE SALMON INTO A FRYING PAN ON LOW HEAT. ADD WINE AND SALT TO TASTE.
3. SPREAD SALMON ON THE TRAY TO LET IT COOL DOWN AND DRY. ADD SESAME.



HEART-SHAPED OMELETTES

INGREDIENTS:
3 EGGS, 3 TABLESPOONS STOCK, 1 TEASPOON SOY SAUCE, 1 TEASPOON SUGAR, PINCH OF SALT, COOKING OIL AS NEEDED

DIRECTIONS:
1. SCRAMBLE THE EGGS AND MIX IN THE STOCK, SOY SAUCE, SUGAR, AND SALT.
2. HEAT THE OMELETTE PAN TO ABOUT MEDIUM AND COAT IN COOKING OIL. LET THE EGG SPREAD EVENLY OVER THE PAN. BREAK THE BUBBLES AND GATHER IT TOWARDS YOU. POURING MORE EGG INTO THE EMPTY SIDE. LIFT UP THE COOKED PART AND POUR MORE EGG UNDERNEATH. BREAK THE BUBBLES AND WHILE IT'S HALF-COOKED, ROLL THE OMELETTE UP STARTING FROM THE SIDE CLOSEST TO YOU. REPEAT WITH THE REMAINING EGG.
3. LET THE OMELETTE COOL AND CUT INTO SLICES. TURN EACH SLICE ON IT'S SIDE AND CUT DIAGONALLY INTO HALVES. FLIP ONE HALF OVER TO FORM THE HEART.

OUR LUNCHBOXES, NOW KNOWN AROUND THE WORLD AS "BENTO," IT'S SAID THAT THE BOOM STARTED WHEN FOREIGNERS (ESPECIALLY THE FRENCH) SAW CHARACTERS IN ANIME AND MANGA ENJOYING THEIR LUNCHBOXES AND ONIGIRI. NOWADAYS THERE ARE EVEN ONES THAT ARE ENJOYABLE TO LOOK AT, LIKE CHARACTER-THEMED OR DECORATED LUNCHBOXES. WHY ARE THEY SO DELICIOUS? PERHAPS IT'S BECAUSE THE ONE WHO MAKES THE LUNCHBOX CANNOT WATCH IT BEING EATEN, SO THEY PUT MORE THOUGHT INTO MAKING IT FOR THE ONE WHO EAT'S IT. REMEMBER HOW AYARI WAS WORRYING ABOUT THE SIZE OF THE FRIED CHICKEN? THAT KIND OF CARE COMES THROUGH IN THE TASTE AND MAKES IT MORE DELICIOUS. IT'S AN UNRESERVED EXPRESSION OF COOKING BEING LOVE.

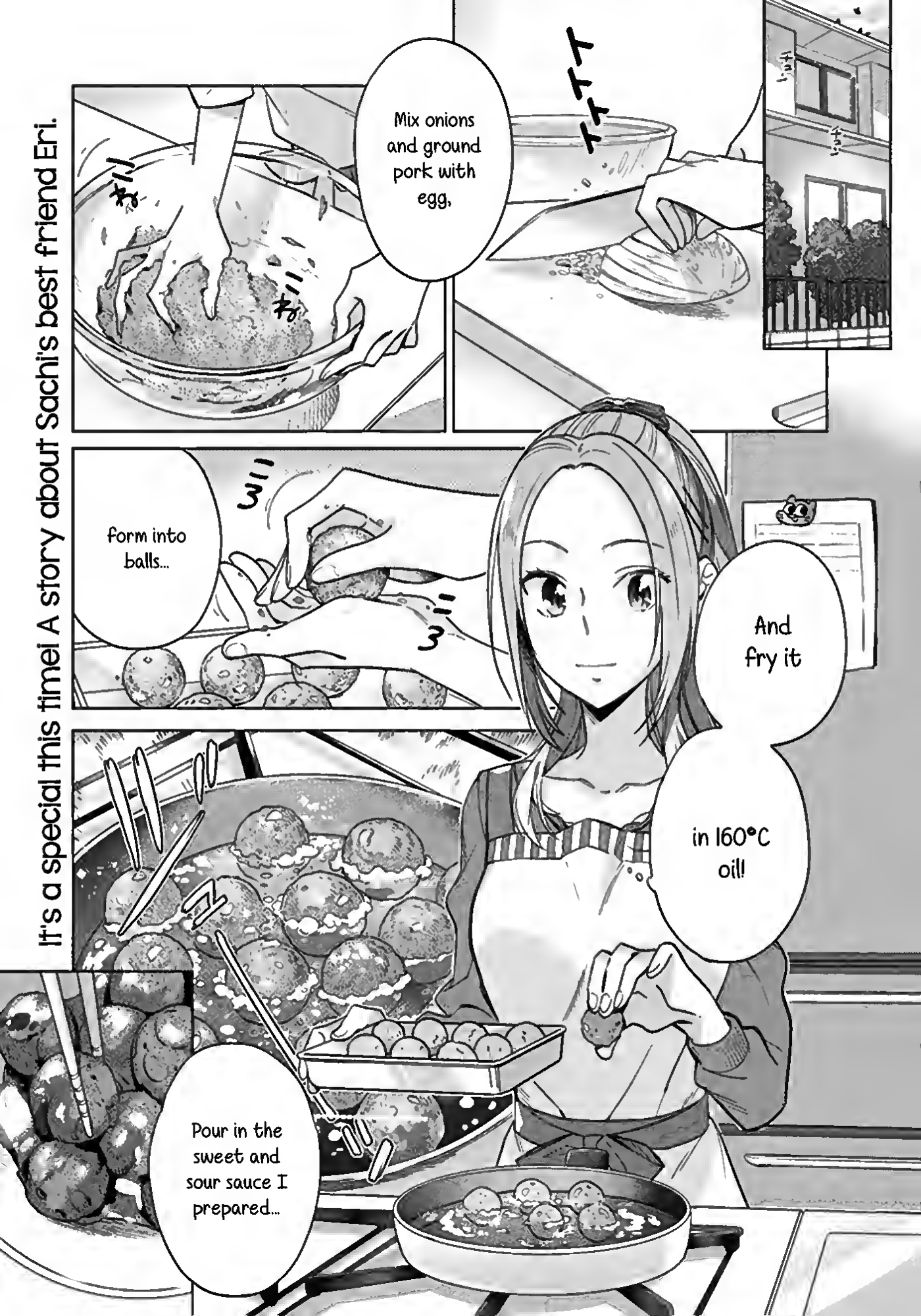
COOKING MANGA RESEARCHER, SUGIMURA KEI'S PRACTICAL!! Futari Gohan

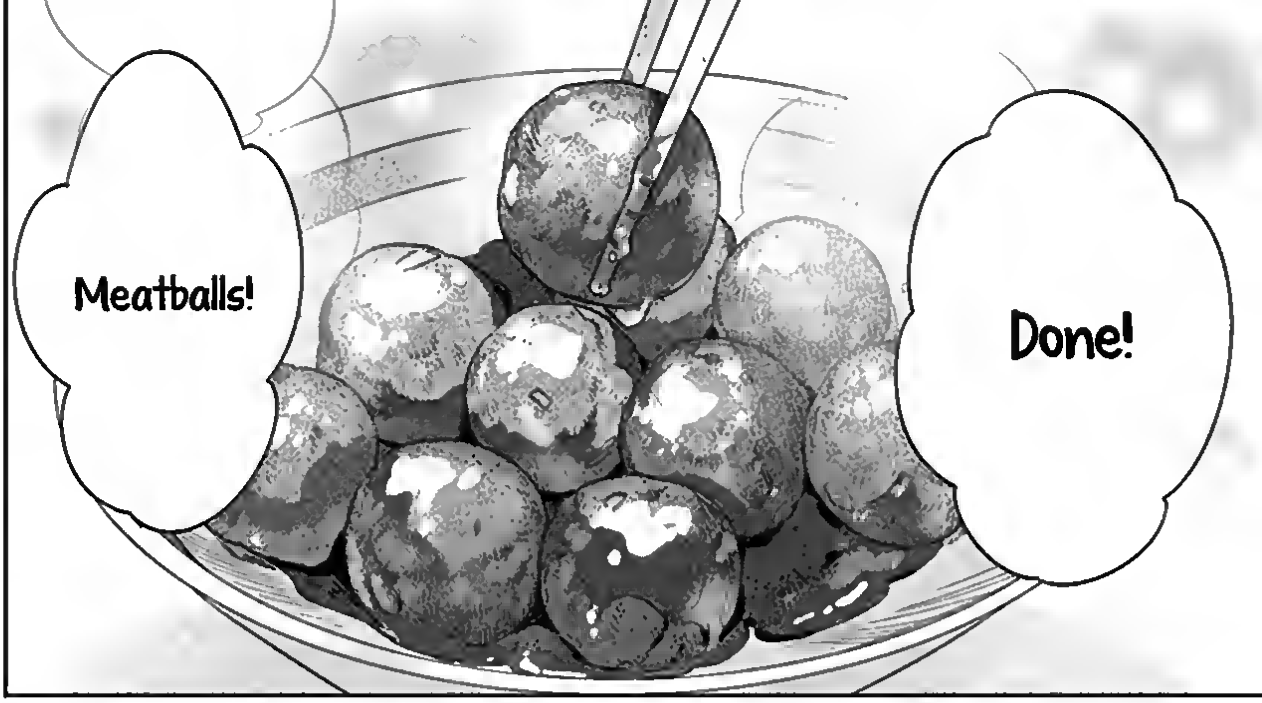
AYARI SAID ONE OF THE GOOD PART'S ABOUT LUNCHBOXES IS HOW EASY IT IS TO BALANCE NUTRITION. ONE SIMPLE IDEA FOR MAKING A BALANCED LUNCHBOX IS TO LEAVE ONE-THIRD OF THE SPACE FOR SIDE DISHES TO MEAT OR FISH, AND FILL THE REMAINING TWO-THIRDS WITH VEGETABLES. THERE'S A LOT OF MEAT AND FISH DISHES THAT GO WELL WITH RICE, BUT TRY TO BEAR WITH IT AND ADD MORE GREENS. USING CABBAGE OR LETTUCE INSTEAD OF PAPER CUPS TO HOLD SIDE DISHES, OR ADDING SHREDDED VEGETABLES TO THE OMELETTES ARE ALSO GOOD IDEAS.

A SURPRISINGLY IMPORTANT POINT IS THE AMOUNT OF RICE. RECENTLY THE AMOUNT OF RICE IN LUNCHBOXES HAS BEEN GOING DOWN, PERHAPS DUE TO THE INFLUENCE OF DIETS THAT RESTRICT SUGAR INTAKE. CARBOHYDRATES ARE NUTRIENTS ESSENTIAL FOR THE BRAIN AND BODY TO WORK, SO EATING TOO LITTLE CAN BE DANGEROUS. RICE IS THE "STAPLE," AFTER ALL, SO RESERVE AT LEAST HALF OF YOUR LUNCH BOX FOR IT. YOU CAN THINK OF IT AS THE STAPLE, RICE OR ONIGIRI, BEING THE MAIN CHARACTER OF YOUR LUNCH.

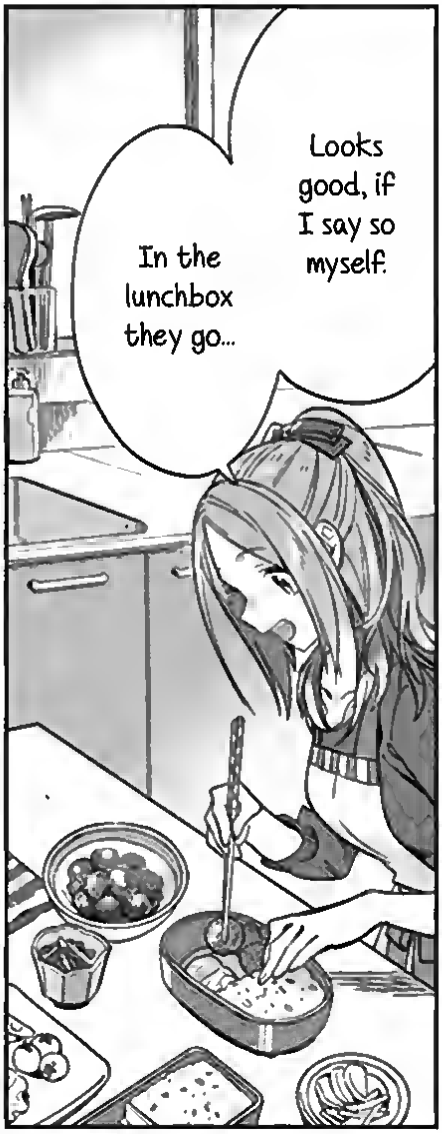
BY THE WAY, IF YOU FOLLOW THE GUIDELINES DETAILED ABOVE, YOU CAN FIGURE OUT THE LUNCHBOX'S CALORIE CONTENT FROM IT'S VOLUME. A 600 ML LUNCHBOX WILL HAVE ROUGHLY 600 KILOCALORIES.

TRYING TO COME UP WITH SIDE DISHES EVERY DAY CAN BE HARD, BUT MAKING A LUNCHBOX CAN BE FUN, TOO. EVEN FOR PEOPLE WHO DON'T USUALLY COOK, IF YOU SERIOUSLY TRY MAKING A LUNCHBOX WITHOUT RELYING ON FROZEN FOOD ONCE A MONTH, YOU MIGHT LEARN THINGS AND ENJOY IT.

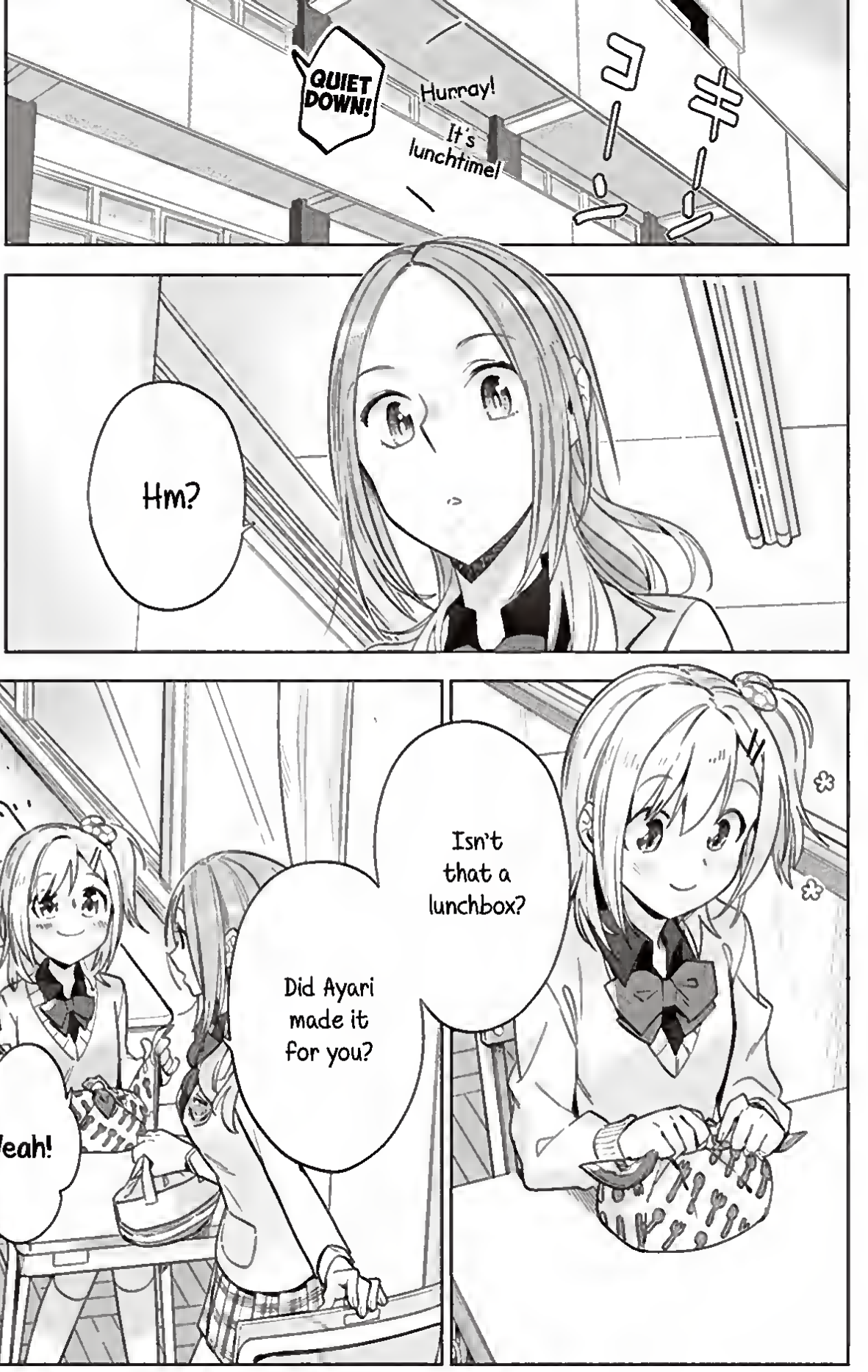

It's a special this time! A story about Sachi's best friend Eri.
Mix onions and ground pork with egg,
form into balls...
And fry it
in 160°C oil!
Pour in the sweet and sour sauce I prepared...


Meatballs!
Done!

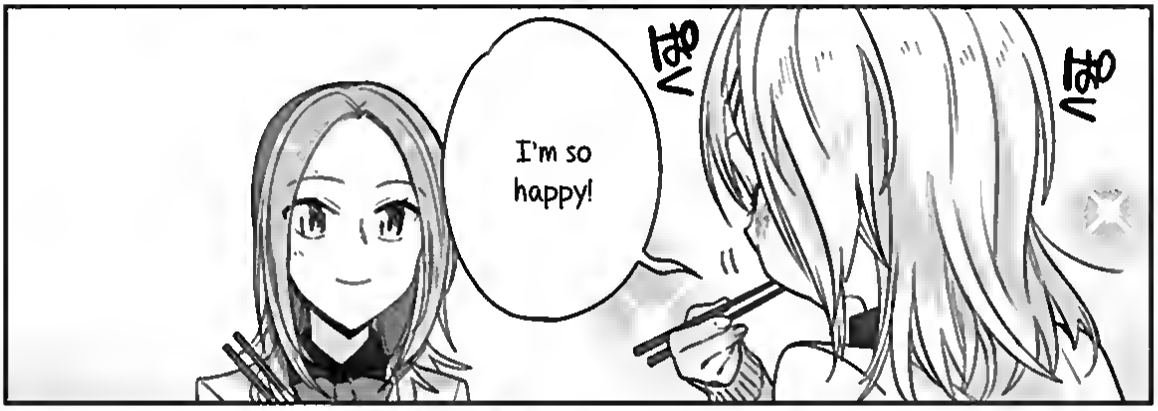
Sachi's going to want one.


Looks good, if I say so myself.
In the lunchbox they go...

I'll put in an extra.

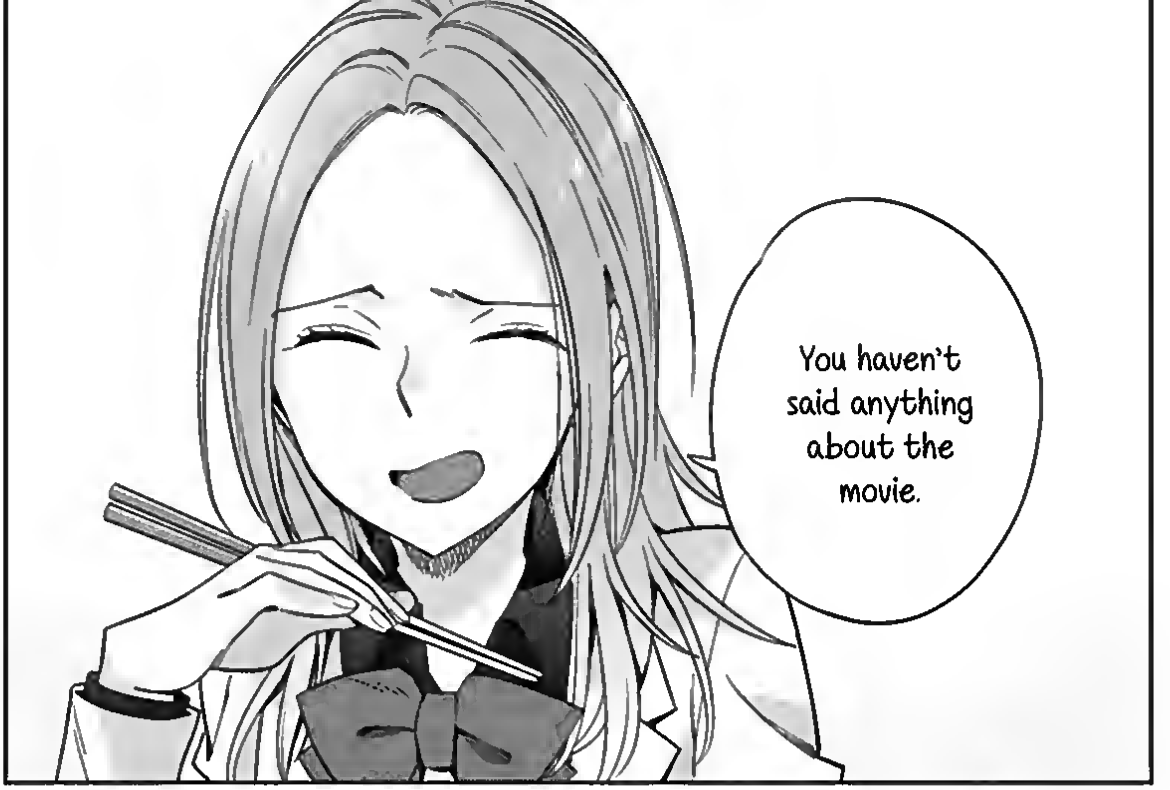

QUIET DOWN!
Hurray! It's lunchtime!
Hm?
Isn't that a lunchbox?
Did Ayari made it for you?
Yeah!

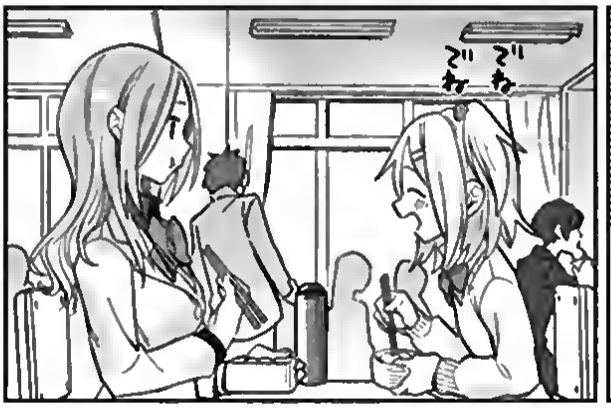
Mmm!
So good!


I'm so happy!
ぱく
ぱく

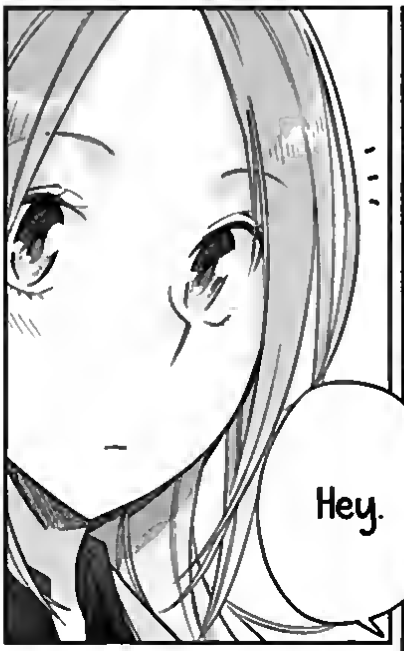
Yum.
whatever. That's one more
for me.
...Well,

Oh yeah...
That movie you wanted to watch-
Ah!
I saw it!
With Ayari!
Did you know?
Ayari's not too familiar with theaters.
So she was like "I can eat popcorn while watching?"
She stopped eating during the quiet scenes...
You haven't...

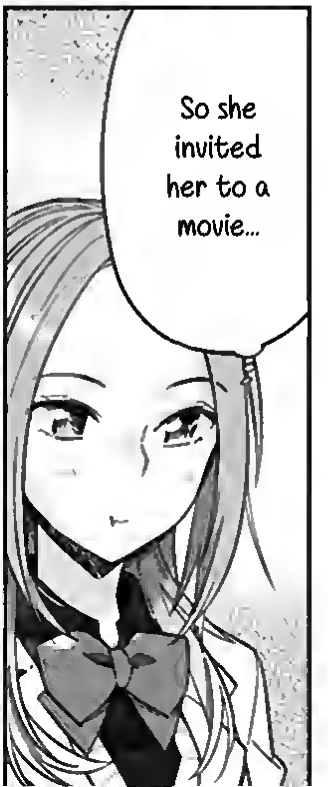

You haven't said anything about the movie.

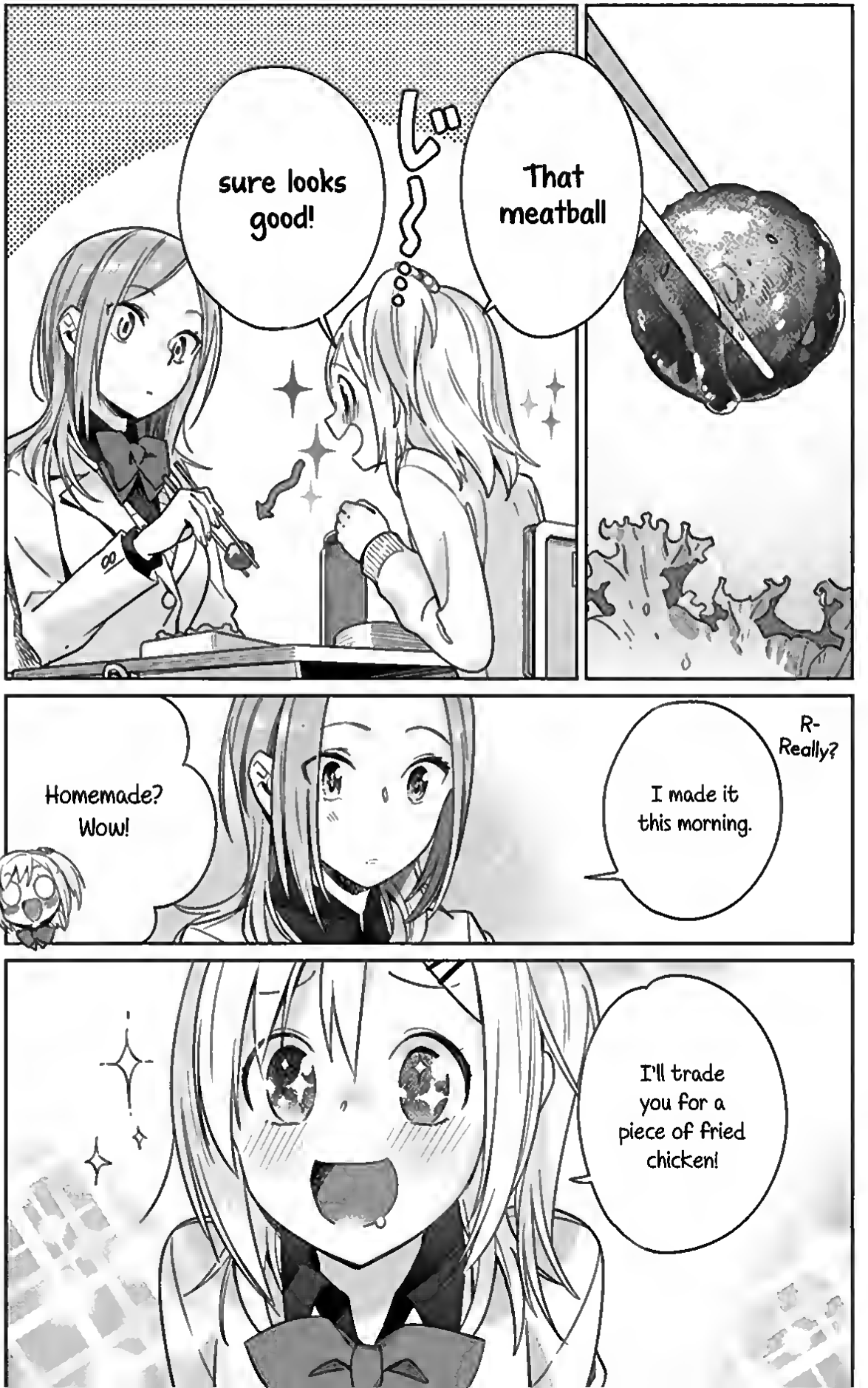

ざわ ざわ

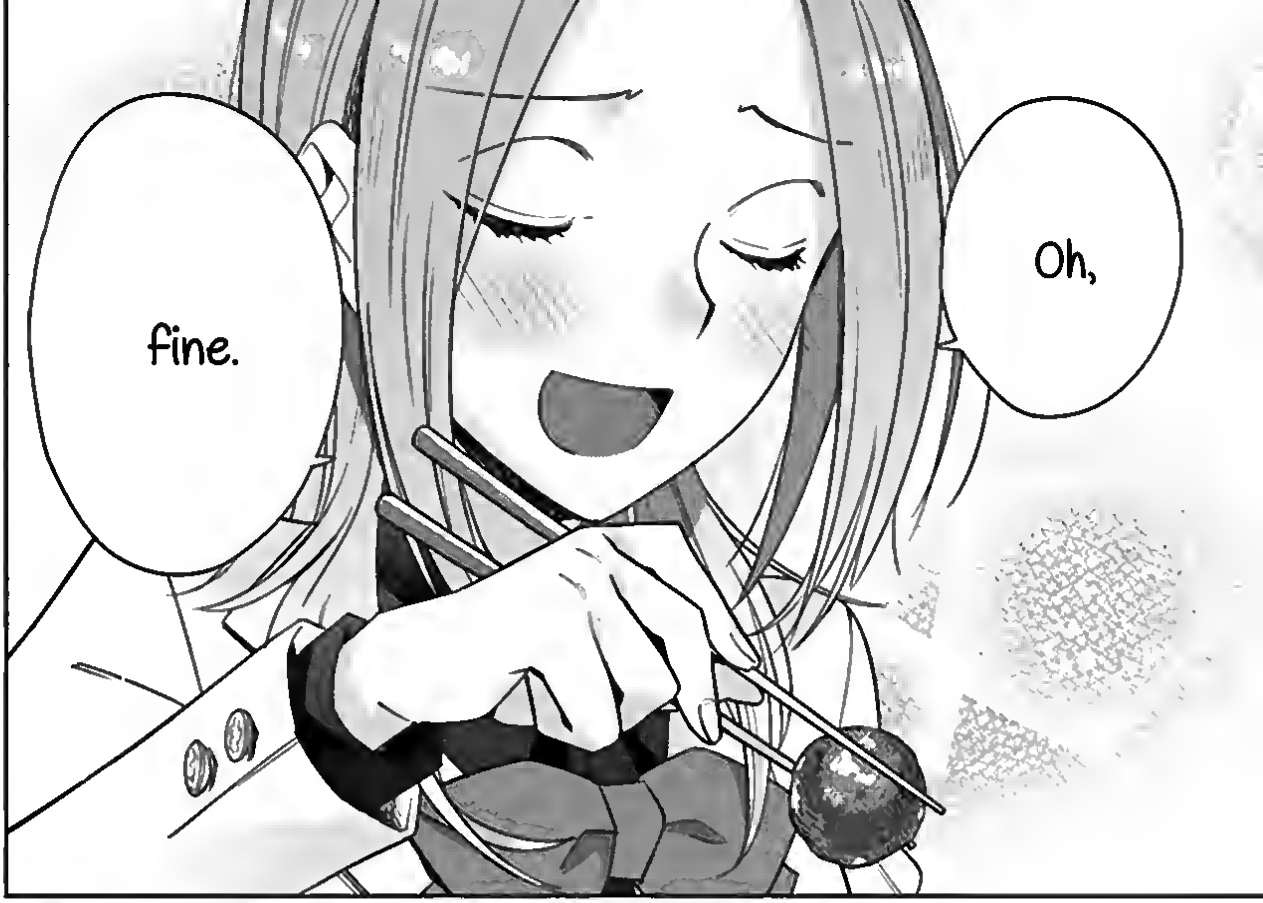
I'm sorry!
Oh!

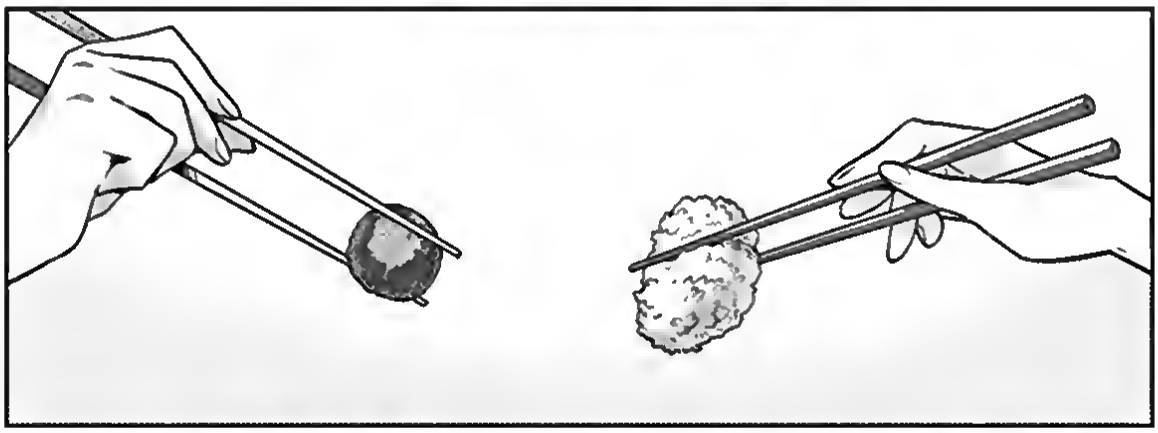

Hey.

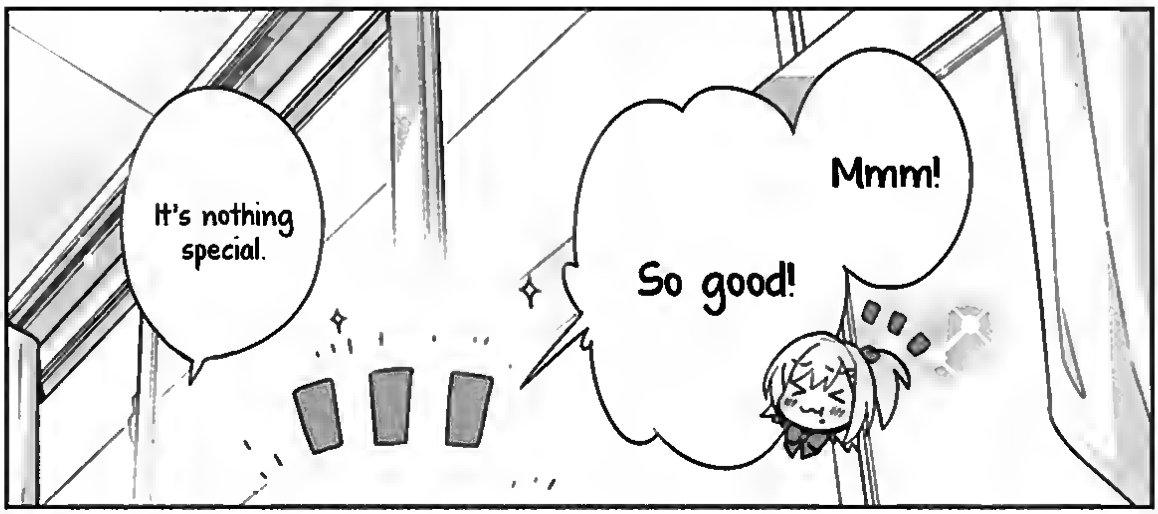
So siblings do share a stronger bond.


So she invited her to a movie...


That meatball
じー
sure looks good!
R-Really?
I made it this morning.
Homemade? Wow!
I'll trade you for a piece of fried chicken!







Being able to exchange food is yet another delight of lunchboxes!

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